

High Peaks Mountain Guides
Day Hiking Equipment List



Required Items

- Sturdy walking shoes or hiking boots
- Comfortable synthetic pants or shorts
- Wool or synthetic socks
- Lightweight synthetic shirt (long sleeve preferred)
- Wool or synthetic Insulating layer
- Rain jacket
- Headlamp w/extra batteries (we can provide)
- Comfortable backpack (we can provide)
- Sunscreen

Recommended items

- Sun hat
- Sunglasses

Optional items

- Bug spray
- Sunscreen
- Swimsuit (ask you guide about finding a swimming hole)

While preparing for your trip, please remember absolutely **no cotton** clothing. Please wear and pack synthetic or wool layers, socks, and accessories.

We do our best to balance making sure everyone is dressed and equipped to be safe and warm with keeping costs and barriers to entry down for our clients.

If you have any questions or are concerned you do not have to correct layers, feel free to contact us. You can also buy most of the items on this list from our equipment shop, located in High Peaks Cyclery.